

Within 20 minutes of smoking that last cigarette, the body begins changes that last for years

### 20 Minutes After Stopping

- Blood pressure drops to normal
- Pulse drops to normal
- Temperature of hands and feet increase to normal
- 8 Hours After Quitting
- Carbon monoxide level in the blood drops to normal
- Oxygen level in the blood increases to normal
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### 24 Hours After Stopping

- Chance of heart attack decreases
- 28 Hours After Quitting

### 48 Hours After Stopping

- Senses of taste and smell improve

### 1 to 9 Months After Stopping

- Coughing, sinus congestion, tiredness, and shortness of breath decrease
- Lungs can handle mucus, reduce infection and clean themselves better
- Energy increases



### 2 Weeks to 3 Months After Stopping

- Circulation Improves
- Walking is easier
- Lung function improves up to 30%

### 1 Year After Stopping

- Half the risk of heart disease of a smoker

### 5 Years After Stopping

- Stroke risk is reduced
- Half the risk of mouth and throat cancer of a smoker

### 10 Years After Quitting

- Half the risk of lung cancer death of a smoker
- Precancerous cells are replaced by the body
- Risk of mouth, throat, bladder, kidney and pancreas cancer decrease

*Reference: The Health Benefits of Smoking Cessation. Centers for Disease Control and Prevention. Publication #90-8416, 1990.*